UTAH DEPARTMENT OF HEALTH
VIOLENCE AND INJURY PREVENTION PROGRAM (VIPP)

Utah Bicycle Helmet Use

Bicycle Helmet Use Observational Survey Key Findings.

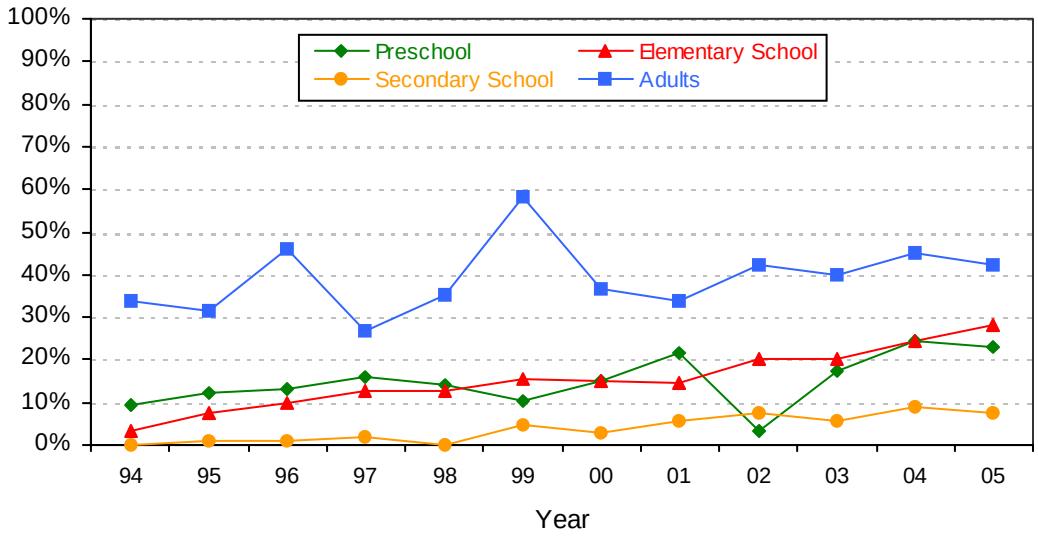
- **Adult bicyclists have the highest helmet use over the 12 years of the survey at 39%, followed by elementary school aged bicyclists at 15.5%.**
- **15,656 bicyclists have been observed in the survey [3.3% preschool aged (ages 0-4), 74.6% elementary school aged (ages 5-11), 13.9% secondary school aged (ages 12-18), 8.1% adults (ages 19+)]**
- **Helmet use has increased for all ages from 5.4% in 1994 to 22.3% in 2005.**

1994-2005 Utah Bicycle Helmet Use Data

Utah Bicycle Helmet Use Results

- Helmet use for preschool aged bicyclists increased from 9.5% in 1994 to 23.2% in 2005.
- Elementary school aged bicyclists have had the largest increase in helmet usage during the study. Helmet usage for elementary school aged bicyclists went from 3.4% in 1994 to 28.1% in 2005.
- Helmet usage for secondary school aged bicyclist in 1994 was less than 1% and in 2005 was 7.4%.
- Adult bicyclists have shown the smallest increase in helmet use during the survey, but have consistently had the highest usage of all age groups.

Percentage of Bicycle Helmet Use By Age 1994-2005



AGE GROUP	94	95	96	97	98	99	00	01	02	03	04	05
Preschool Aged	9.5	12.2	13.0	15.8	14.3	10.5	14.8	21.4	3.4	17.5	24.4	23.2
Elementary School Aged	3.4	7.6	10.0	12.7	12.5	15.6	15.1	14.6	20.1	20.2	24.5	28.1
Secondary School Aged	0.2	0.9	1.0	1.7	0.0	4.6	2.7	5.7	7.5	5.4	8.8	7.4
Adults	33.9	31.3	45.8	26.9	35.4	58.3	36.8	33.9	42.1	39.9	44.9	42.1

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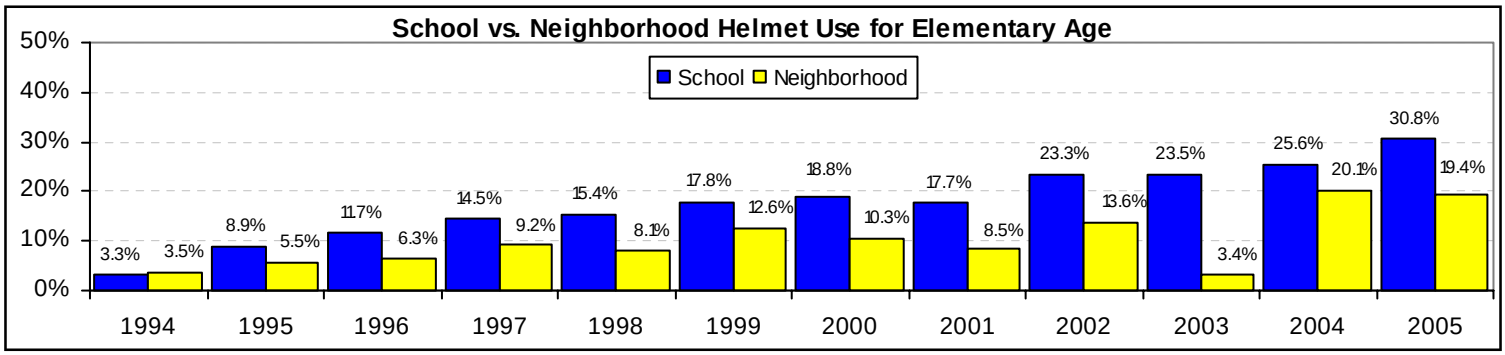
Violence & Injury Prevention Program

1994-2005 Helmet Observation Data

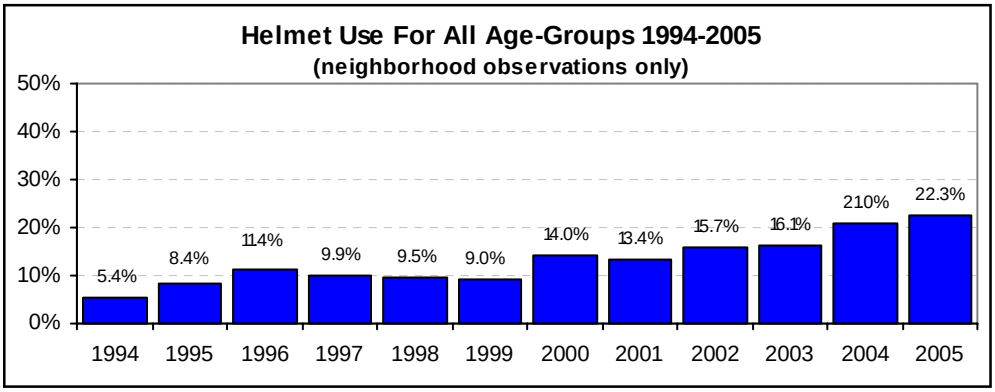
School vs. Neighborhood

Nearly half (49%) of observed bicyclists, were observed at the elementary schools in the study. As shown in the graph below helmet usage is higher in the school observations than in the neighborhood observations.



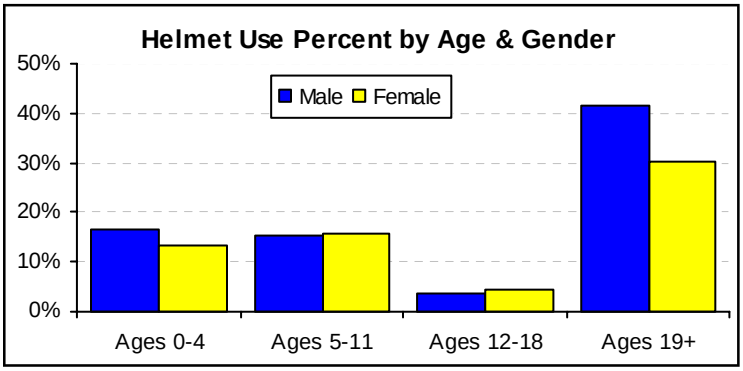
Neighborhood

The graph to the right shows helmet usage for all age groups in the neighborhood observations. Helmet use has increased significantly since the survey began in 1994, from 5.4% to 22.3%.



Helmet Use and Gender

Seventy percent of observed bicyclists were male, and thirty percent were female. Overall, 16% of male bicyclists were observed wearing helmets compared to 15.5% of female bicyclists. The graph to the right shows the gender breakdown of



Prevention Information

- Bicycle helmets reduce the risk of head and brain injury by 85% to 88%.[1]
- It is estimated that in Utah $19 million a year in health care costs could be saved if every bicyclist wore a helmet.[2]
- In the U.S. 93% of bicyclists killed are not wearing helmets, compared to 5% of bicyclists killed wearing helmets.[3]
- A bicycle helmet is only effective when it is worn properly. A properly fitted helmet fits snug, level on the head, and covers the forehead. The chin strap needs to be buckled and snug.

The incorrect and correct way to wear a bicycle helmet

Incorrect

Correct

Data Sources: [1] New England Journal of Medicine 1989;320:1361-1367. [2] Journal of Injury Prevention 2002;8:47-52. [3] Insurance Institute for Highway Safety.